

SELF-ESTEEM JOURNAL



Things I Like About Myself

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Things I Am Good At

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Things That Make Me Unique

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Compliments I Have Received

Things I Am Grateful for

Challenges I Have Overcome

Goals I Am Working Toward

Something I Am Proud Of

Something I worked Hard
To Accomplish

I Feel Calm And Peaceful When

I Feel Most Confident When

Use Of Self

M Mosston



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